

1-22-2010

## Campus News January 22, 2010

La Salle University

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# Campus News

La Salle University's Weekly Information Circular

January 22, 2010



**Neighborhood house where La Salle students worked with Habitat for Humanity volunteers on Martin Luther King Jr. Day (*see photos on p. 5*)**

## Academic News

### LIBRARY HOURS SPRING 2010 January 19 - May 16

#### REGULAR HOURS

Monday-Thursday	8:00 a.m. -12:00 a.m.
Friday	8:00 a.m. - 8:00 p.m.
Saturday	10:00 a.m. - 6:00 p.m.
Sunday	12:00 p.m. -12:00 a.m.

#### MIDSEMESTER EXAMS AND HOLIDAYS

Sunday	February 28	12:00 p.m.- 1:00 a.m.
Monday - Thursday	March 1-4	8:00 a.m. - 1:00 a.m.
Friday	March 5	8:00 a.m. - 5:00 p.m.
Saturday	March 6	10:00 a.m. - 6:00 p.m.
<b>Sunday</b>	<b>March 7</b>	<b>CLOSED</b>
<b>Monday (mid semester holiday)</b>	<b>March 8</b>	<b>CLOSED</b>
Tuesday - Thursday	March 9 -11	8:00 a.m. - 10:00 p.m.
Friday	March 12	8:00 a.m. - 8:00 p.m.
Saturday	March 13	10:00 a.m. - 6:00 p.m.
Sunday	March 14	12:00 p.m. - 12:00 a.m.

#### EASTER HOLIDAYS

Thursday	April 1	8:00 a.m. -10:00 p.m.
<b>Friday - Sunday</b>	April 2 - 4	<b>CLOSED</b>
Monday	April 5	3:00 p.m. - 10:00 p.m.

#### FINAL EXAMS

Monday - Thursday	April 26 - 29	8:00 a.m. - 1:00 a.m.
Friday	April 30	8:00 a.m. - 8:00 p.m.
Saturday	May 1	10:00 a.m. - 6:00 p.m.
Sunday	May 2	12:00 p.m. - 1:00 a.m.
Monday - Thursday	May 3 - 6	8:00 a.m. - 1:00 a.m.
Friday	May 7	8:00 a.m. - 8:00 p.m.
Saturday	May 8	10:00 a.m. - 6:00 p.m.
Sunday	May 9	12:00 p.m. - 8:00 p.m.
Monday	May 10	8:00 a.m. - 10:00 p.m.
Tuesday - Thursday	May 11-13	8:00 a.m. - 8:00 p.m.
Friday	May 14	8:00 a.m. - 5:00 p.m.
Saturday	May 15	10:00 a.m. - 6:00 p.m.
<b>Sunday</b>	<b>May 16</b>	<b>CLOSED</b>

## ***Academic and Learning Support Services Workshop Schedule Spring 2010***

**"I Need 30 Hours in a Day!"** Learn how to create a time management system that works for you, deal with procrastination, plan ahead, and balance all the demands on your time.

**Tuesday, January 26, 4:30 p.m., College Hall 206**

**Wednesday, January 27, 1:00 p.m., College Hall 206**

**"There's Too Much to Read!"** Learn active reading strategies that will help you more effectively read different types of texts for your different classes.

**Tuesday, Feb. 9, 5:30 p.m., Library 212**

**Thursday, Feb. 11, 12:30 p.m., College Hall 206**

**APA: Fundamentals & Updates:** Learn useful basic information about APA style as well as some key features of the new 6th edition of APA. Presented by the Sheekey Writing Center.

**Tuesday, Feb. 16, 4:30 p.m., Holroyd 353**

**Studying for Science and Math:** Learn study strategies for your science and problem-solving classes (Math, Accounting, Chemistry, Biology, Physics, etc.).

**Wednesday, Feb. 17, 4:30 p.m., Holroyd 257**

**"What's My Learning Style?"** Examine how you learn and how to study more actively for your courses.

**Tuesday, Feb. 23, 5:30 p.m., Library 212**

**"I Got *What* on My Midterm?!"** Make a new game plan for the second half of the semester by reconsidering your time management, reading, and study strategies.

**Tuesday, March 23, 5:30 p.m., Library 212**

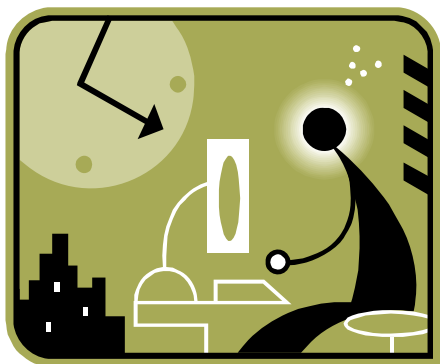
**Wednesday, March 24, 1:00 p.m., College Hall 206**

**Get Ready for Finals:** Prepare for finals "crunch time" by creating a game plan that addresses your studying, time management, and test-taking.

**Tuesday, April 20, 12:30 p.m., College Hall 206**

**Wednesday, April 21, 5:30 p.m., Library 212**

# "I Need 30 Hours in a Day": Time Management



Tues., Jan. 26 at 4:30 p.m.  
Wed., Jan. 27 at 1:00 p.m.

College Hall 206

***\*\*Start the semester off right by organizing your time! Bring your syllabi and planner. \*\****



## Featured Photos



Leadership workshop for those participating in the Martin Luther King Jr. Day's service activities



Students painting the neighborhood house as part of Habitat for Humanity's restoration project

## **FREE SWINE FLU VACCINE**

Now available in the Student Health Center for ANY  
employee or full-time student interested

**Monday through Friday**  
**9:00 a.m.–11 a.m.**  
**Student Health Center**

Questions? Call 215.951.1565



## Ethical Issues of Shopping at Wal-mart

Think.  
Drink.  
Connect.

**Jaime Lynn Longo, Ph.D., Associate  
Director of Academic and Learning  
Support Services**

**Wednesday, January 27, 3:00 p.m.**

**Get Connected...**

**Holroyd Lobby (FREE FOOD)**

In some circles, it's common wisdom that Wal-Mart is an unethical, union-busting business entity that exploits workers at home and abroad while driving local mom-and-pop stores into bankruptcy. For others, Wal-Mart's low prices provide an increased, and necessary, chance to feed and clothe their families on a tight budget, and maybe even allow for an occasional (low-priced) splurge.

Join Jaime Lynn Longo and students from INST 100 for a discussion of how one company can have such different public images – and whether shopping at Wal-Mart fits each of our public images.



**Explorer Cafés are open to all.**

**Questions or comments?**

Contact Julianna Gwisch (gwischj1@lasalle.edu)



## January Health Tip



# New Year, New You!

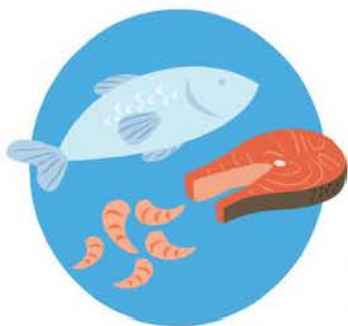
## Healthy Lifestyle Resolutions

### Healthy Habits

- **Eat Breakfast.** Breakfast eaters are champions of good health. Research shows people who have a morning meal tend to take in more vitamins and minerals, and less fat and cholesterol. The result is often a leaner body, lower cholesterol count, and less chance of overeating.
- **Get Enough Sleep.** Sleep is vital to good health and to mental and emotional well-being. The NSF (National Sleep Foundation) reports that people who don't get enough slumber are more likely than others to develop psychiatric problems and to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning.



- **Exercise.** Though exercise has many long term benefits like weight control, maintaining healthy bones, joints, and muscles, reduction of heart disease, and psychological well being, it also has some short term benefits. The short-term results of exercise include helping people to think and move better.
- **Drink Water.** The body needs water to keep properly hydrated, and individuals vary widely in how much water they need. Joints need it to stay in motion; and vital organs such as the heart, brain, kidney, and liver need it to work properly.
- **Make Social Connections.** Volunteer. Go to church. Join a club. Whatever you do, do it with people. Communal activities are good for your physical and mental health.



Visit the site [www.webmd.com](http://www.webmd.com) for more healthy habits to improve your life.

## General News

January 22, 2010

Dear Lasallians:

I received this advice through the *Higher Education Service-Learning Listserv* that I belong to. I thought I would pass it along as we think about how to respond to the crisis in Haiti:

*1) Don't donate goods. Donating stuff instead of money is a serious problem in emergency relief. Only the people on the ground know what's actually necessary; those of us in the rest of the world can only guess. Some things, like summer clothes and expired medicines are going to be worthless in Haiti. Other stuff, like warm clothes and bottled water may be helpful to some people in some specific ways. Separating the useful from the useless takes manpower that can be doing more important work. It's far better to give money so that organizations can buy the things they know they need.*

*Some people like to donate goods instead of cash because they worry that cash won't be used in a way that helps the needy. If that's you, I have two points. Why are you donating to an organization you don't trust? And what's to stop them from selling your donated item and using the money for whatever they want?*

*After Hurricane Mitch in 1998, Honduras was flooded with shipments of donated goods. They clogged ports, overwhelmed military transport, and made it nearly impossible for relief agencies to ship in the things they really needed. Those donations did harm, not good. Expired drugs had to be carefully disposed of. Inappropriate donations had to be transported away and discarded. All of this wasted time and money.*

*2) Don't go to Haiti. It's close to the US, it's a disaster area, and we all want to help. However, it's dangerous right now and they don't need "extra hands". The people who are currently useful are people with training in medicine and emergency response. If all you can contribute is unskilled labor, stay home. There is no shortage of unskilled labor in Haiti, and Haitians will be a lot more committed than you are to the rebuilding process.*

*If you are a nurse or physician, especially with experience in trauma, and you want to volunteer, email Partners in Health – [volunteer@pih.org](mailto:volunteer@pih.org) – and offer your services. Or submit your details to International Medical Corps. <<https://www.cytiva.com/cejobs/cojobsIMC.asp#imcorp1003>> They'll take you if they can use you. Do not go to Haiti on your own, even if you are doctor. You'll just add to the confusion, and you'll be a burden to whoever ends up taking responsibility for your safety.*

*3) Don't ignore rebuilding. The physical damage done to Port au Prince is going to take a long, long time to repair. The human consequences will have a similar slow recovery. Haiti will still need our help next year, and the years after that. It is going to take more than just a short-term infusion of relief money. Give your money to organizations that will be in Haiti for the long haul, and don't forget about Haiti once the media attention moves on. — "No One Needs Your Old Shoes: How Not to Help in Haiti"*

Sincerely,

Louise Giugliano,  
Associate Director of University Ministry and Service  
Director of Service Learning

## **LiQin Tan: *Cold Heart / Warm Tech***

**December 21, 2009 – February 21, 2010**



### ***Artist Talk***

**Friday, January 22, 2010**

**12 Noon, Olney 100**

The La Salle University Art Museum  
Olney Hall, Lower Level  
19th Street and Olney Avenue  
Philadelphia, PA 19141

Hours: 10 a.m. to 4 p.m.,  
Monday through Friday  
215.951.1221  
[www.lasalle.edu/museum](http://www.lasalle.edu/museum)



# SPRING 2010 GROUP FITNESS SCHEDULE

(JANUARY 25 THRU APRIL 22)

## MONDAY, 7:00P-8:00P

### Class: Flip Fitness

A fun and unique way to get your heart rate up and improve your cardiovascular health. A good class for all fitness levels.

Location: St. Basil Lounge (Room 162)

Instructor: Kristina DiSanto

Start/End Date: January 25 – April 19

No class: March 8, April 5

## TUESDAY, 7:00P-8:00P

### Class: Yoga

An awakening, mindful experience that pays special attention to breathing. Excellent for developing grace, flexibility, core strength, balance, muscular strength and stress reduction. Appropriate for students of all levels.

Location: St. Basil Lounge (Room 162)

Instructor: Pam Grosso

Start/End Date: January 26 – April 20

No class: March 9

## WEDNESDAY, 7:15P-8:15P

### Class: Core Strength

This class will strengthen your core with a variety of ab exercises and pushups designed to build strength and to increase flexibility. Areas of focus include abs, back, and arms.

Location: Hayman Center Mezzanine (2<sup>nd</sup> Floor)

Instructor: Meaghan Hobson

Start/End Date: January 27 – April 21

No class: March 3. Class on first floor Hall of Athletes are on: January 27 and February 17.

## THURSDAY, 7:00P-8:00P

### Class: Yoga

Join Karen in a new yoga class that will help you focus, build strength and release tension. Relax your mind during this restorative yoga practice as you are guided through stretches, postures and balances. You can practice at your own level of comfort so it is great for anyone has been practicing or wants to try yoga.

Location: St. Basil Lounge (Room 162)

Instructor: Karen Carroll

Start/End Date: January 28 – April 22

No class: March 11

*All group fitness classes are free and open to all current La Salle students, faculty and staff members.*



## Meeting Minutes

### Health Advisory Committee

December 2, 2009

Present: Co-Chairs: Lane Neubauer & Dina Oleksiak; Members: Steve Andrilli, Br. John Crawford, Mike Gilbert, Matt Gionta, Kelsey Horan, Karen Kostelny, Jeff Lyons, Greg O'Shea, Vanessa Ocasio,  
Absent: Mark Badstubner, Mary Wilby; Guests: Megan Rossi, Elizabeth Smith

- I. Smoking Issues
  - a. Many departments (i.e., Food Services, Security and Safety, Athletics) have created their own internal policies regarding where and when employees can smoke (see past HAC minutes).
  - b. Community Development Advisory Board has been discussing smoking policy changes for the resident living areas. Resident Student Association is in support of restricting smoking to designated areas.
  - c. School of Nursing Public Health Nurses will focus their seminar on addressing the public health issue of second hand smoke on La Salle's campus.
  - d. HAC members will come to next meeting with recommendations for designated smoking areas.
    - i. Students on the committee will recommend outdoor locales that might work as designated smoking areas for the residence halls, apartments and town houses.
    - ii. Mike Gilbert will use the scan map of the campus to recommend potential areas throughout the rest of the campus for designated smoking areas.
  - e. An updated proposal that addresses the following issues will be completed by the end of January to be given to the Vice President of Student Affairs. Recommendations will address the following:
    - i. Signage
      1. Wording for the signs
      2. Placement
      3. Demarcation of smoking areas
    - ii. Enforcement Strategies
    - iii. Identification of designated smoking areas
    - iv. Recommendations as to how to communicate any impending changes in smoking policy
- II. Health Fair – April 22, 2010
  - a. Need to come up with a theme.
  - b. Committees:
    - i. Co Chairs – Lane Neubauer & Dina Oleksiak
    - ii. Food – Jeff Lyons
    - iii. Demonstrations – Matt Gionta & Mark Badstubner
    - iv. Funding Proposal – Vanessa Ocasio
    - v. Advertising – Greg O'Shea, Br. John Crawford & Elizabeth Smith
    - vi. Decorations – Karen Kostelny, Vanessa Ocasio & Steve Andrilli
    - vii. Door Prizes – Mary Wilby & Mike Gilbert
  - c. Health Tip for January – “New Year: New You”: SNAP will partner with HAC on creating the poster for this theme
- III. H1N1 Vaccinations – Update  
700 doses administered as of this HAC meeting—given to School of Nursing Juniors and Seniors doing clinicals, Health Care workers (i.e. Student Health Nurses), pregnant women, anyone under 24 with medical risk conditions, all students and staff under 24, and those over 24 with medical risk conditions.
- IV. Wellness Initiative: Confronting Obesity
  - a. Next semester, HAC will look at ways to address this issue within the La Salle Community
  - b. National Eating Disorder Awareness Week is scheduled for February 22 – 26. A NEDAW committee has been formed to plan a week's worth of awareness programming around disordered eating and body image issues.
- V. Next Meeting – January 20, 2010 9:00 a.m. – 10:00 a.m.

Respectfully submitted by  
Lane B. Neubauer Ph.D., Co-Chair



## **Upcoming Home Game**

### **Jan. 23 – Jan. 30**

#### **Men's Basketball @ Tom Gola Arena**

Sat. 23	Charlotte	2:00 p.m.
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#### **Women's Basketball @ Tom Gola Arena**

Wed. 27	Saint Joseph's	7:00 p.m.
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#### **Swimming @ Kirk Pool**

Sat. 23	Fordham	1:00 p.m.
Sat. 30	St. Francis (PA)	1:00 p.m.

# **GO EXPLORERS!**

# GOLD RUSH

## La Salle vs. Charlotte

**January 23**  
**at**  
**2 p.m.**

Student Ticket Distribution  
and Explorer Entourage Sign-Ups:

1/21 Tree Tops 12:30-1:30 p.m.

1/21 B&G 1:30-2:30 p.m.

1/22 Union 1-2 p.m.



**Cheer loud  
and  
WEAR  
YOUR  
GOLD**



# Swimming & Diving



**@ KIRK POOL**

## SENIOR DAY

**Jan. 23**

**La Salle vs. Fordham**

**1:00 p.m.**

**Plus:**

**Jan. 30**

**La Salle vs. St. Francis (PA)**

**1:00 p.m.**



**Employment****Nursing Faculty**

The School of Nursing and Health Sciences is seeking to fill the tenure-track faculty positions of public health, certified family nurse practitioner, and medical-surgical nursing for the Undergraduate and Graduate Nursing Programs. Qualifications include a registered nurse license in the Commonwealth of Pennsylvania, Master of Science degree in Nursing, doctoral degree in nursing or a related field (preferred) or progress in doctoral studies (required) and demonstrated record of professional nursing experience including teaching (preferably both didactic and clinical) as well as curriculum development.

Applicants should submit a résumé or vitae, salary requirements, and three employment references to the following:

**Patti Rager Zuzelo, Ed.D., R.N., ACNS-BC, ANP-BC**

Chair, Nursing Search Committee

School of Nursing and Health Sciences, Box 808

La Salle University

1900 W. Olney Ave.

Philadelphia, PA 19141

Telephone: 215.951.1431, 1489

Fax: 215.-951.1896

**Campus News Procedures****Procedures for Submitting Items for Inclusion in the Campus News**

All information for the General, Academic, Minutes, or Athletic sections— with or without graphics and photos—must be submitted electronically either:

- via the “Submit an item” form in the Media and Publications channel on the News and Media tab of the portal,
- via e-mail to the [campusnews@lasalle.edu](mailto:campusnews@lasalle.edu). (The article title must be included in the subject line of the e-mail), or
- via CD sent to Campus News, Box 187.

Submissions can be sent with graphics and photos laid out with the text or sent with the text and graphics separately. Please submit flyers and circulars as attachments in Microsoft ®Word or as PDF files. Please submit photos as JPEG files.

Letterhead or logos with submissions must conform to the approved standards explained and illustrated in the *Brand Book* published and distributed by University Communications.

All photos and graphics (clip art, logos other than La Salle’s) must have their owners’ permission to be reproduced. If you submit them with your information, you are responsible for gaining this permission.

All employment listings must be submitted first to Human Resources for approval (for more information, contact Gregory O’Shea at 215.951.1354).

**Deadlines for Submission**

- General News, Meeting Minutes, Events, and Other News: **Wednesday at 4 p.m.**
- New Positions of Employment at La Salle University: **Monday at 2 p.m.**